



introduces



RHYTHMS

LIFE ENRICHMENT SERVICES



Engage in Rhythms Life Enrichment programming that honors individuality while encouraging growth, learning and the enrichment of others.

- Grow, contribute and enliven passions
- Collaborate as a partner in your community through education, guidance and opportunities to share opinions and implement ideas
- Partner with other residents as well as team members
- Be well known!
- Further the vision of creating a community where aging is honored and celebrated!





Our life enrichment philosophy is based on four cornerstones of healthy aging:



SOCIAL activity is an event or pursuit that brings members of the community together with the intention of bringing people together.



INTELLECTUAL activity is a meaningful functioning of the mind. Intellectual activities that are challenging, meaningful and stimulating, help to keep minds sharp and alert.



INSPIRATIONAL engagement can offer connection and meaning to life. This connection, wholeness, or oneness can provide pleasure, joy, and solace as well as a sense of purpose and guidance.



PHYSICAL health is critical for overall well-being and is the most visible of the various dimensions of health. Some of the most obvious and severe signs that we are unhealthy can appear physically.



AN OFFERING OF
Cappella LIVING SOLUTIONS